

FOOD GROUPS
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Reproduce, cut apart, and use in Food Group Games

GRAIN VEGETABLE FRUIT DAIRY PROTEIN FATS, OILS, & SWEETS

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# PLAYING Your Weigh to Fitness

Kids need regular physical activity (30 to 60 minutes a day) to maintain a healthy weight, while growing normally. School classes and athletics count, and so do sports like Little League. Active play with friends and family is another **FUN** way to get moving.

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## 1. **PLAY inside.**

There are plenty of ways to enjoy **FUN** indoor family play, without destroying the house. Turn off the TV and the computer – and play an old-fashioned game of hide-and-seek. Clear a space for wiggling, dancing, and playing with soft-foam balls and squishy toys.

## 2. **PLAY outside.**

The options for outdoor **FUN** are unlimited: bikes, trikes, scooters, balls, kites, Frisbees, jump ropes, squirt guns, and hula-hoops. There's also a long list of childhood games that the whole family can play together – like more hide-and-seek, tag, and hopscotch.

## 3. **PLAY in the yard.**

Whatever the size of your yard, you can turn it into a neighborhood **FUN** zone – with a few basic toys: a basketball hoop, a rope swing, or a sandbox depending on the age of your children. Keep it simple – and let kids use their innate creativity to stay active.

## 4. **PLAY at the park.**

Many communities have **FUN** park facilities. Often they are close enough so that you can leave the car at home – and walk or ride a bike. Make it a regular family outing – when the weather is nice, you can even take a picnic and play before and after dinner.

## 5. **PLAY at the gym.**

Indoor gyms offer safety, warmth, and **FUN** programs for kids and parents. Check your area for schools, colleges, community centers, fitness facilities, Boys and Girls Clubs, YMCA/YWCAs, and other agencies that are open evenings, weekends, and vacations.

## 6. **PLAY on the field.**

Almost every community in the USA offers sport programs for children – baseball, football, basketball, soccer, tennis, and swimming. There are programs for all ages and all levels of skill – and most emphasize **FUN** and the opportunity for parents to get involved.

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